



MARTIAL ARTS SEAMLESS FLOORING INSTALLATION SUGGESTIONS & TIPS

IMPORTANT: READ THESE RECOMMENDATIONS COMPLETELY BEFORE STARTING TO INSTALL OR ASSEMBLE THIS PRODUCT. IF YOU REQUIRE FURTHER INFORMATION, PLEASE CALL OUR OFFICES AT 310- 830- 6672

Here are 10 tips to help in the installation of Norbert's seamless flooring. They are in no particular order, so read them all before starting work.

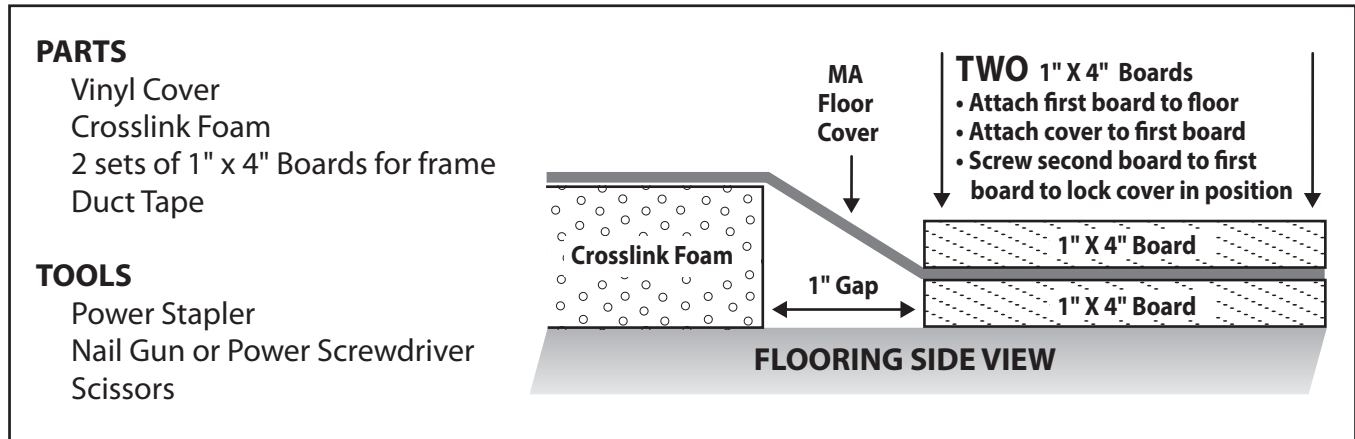
1. Tarp is shipped rolled and folded; Unwrap and unfold as soon as possible. Wrinkles can become permanent if tarp remains folded longer than 7-10 days.
2. Measure the tarp and all the foam before you get started and as soon as possible after delivery.
3. If possible, spread tarp out on floor and allow to lay flat for 24 hrs before beginning installation. **IMPORTANT NOTE:** The tarp material has a smooth side and a rougher felt side due to manufacturing process. The **SMOOTH** side is the **STRONGER** side as it has more vinyl coating. So the **SMOOTH** side should be facing **UP** where feet come in contact with floor.
4. Floor surface should be clean, smooth and level. No need to remove previous flooring (carpet, tile, etc.) as long as entire surface is flat and level.
5. Do NOT glue the crosslink foam to the floor.
6. Use duct tape to join crosslink foam sections together. 2" wide tape works great.
7. Don't worry about foam seams. When tarp is installed over foam you will not see or feel them.
8. Leave a gap (1" minimum) between crosslink foam and EACH side of wood frame. This allows the foam to spread out and prevents buckling.
9. If you have a post in your floor area, use it as your starting point. After making sure rest of tarp is correctly in position, begin stapling around post.
10. When stapling, start at the center of each side and work your way out to corners in small, equally sized increments (3 foot increments work best).

⚠ IMPORTANT CONSUMER PRODUCT HAZARD WARNING — PLEASE READ!

Serious injury (including paralysis or death) could result from any activity involving motion, rotation, and/or height. All users of this equipment assume the risk of serious injury. Mats, pits, and padding cannot and do not eliminate hazards. This product should be used ONLY by properly trained and qualified participants under the supervision of a trained professional instructor. Do not allow use without proper supervision. Do not use a mat with tears, evidence of flattening, and/or other defects. Do not use apparatus with damaged, worn, and/or missing parts. Check for proper positioning of mats and apparatus before each use. Replace this label if it becomes damaged or illegible. This is not a toy.

MARTIAL ARTS INSTALLATION STEP-BY-STEP

There are many methods of installing a martial arts floor, if you have a preferred method use it. For those not familiar with this process, following is the method we recommend.



1. Thoroughly sweep entire intended installation area.
2. Spread tarp out and allow it to lay flat for 24 hours to minimize wrinkling.
3. Frame perimeter by attaching 1" x 4" boards permanently to floor with screws, nails or liquid nails.
4. Roll out foam and cut to size. Foam size = Inside dimensions of frame side to side -2". Minimum 1" gap from each side is required to permit foam to expand and prevent center bulging. Use duct tape to join foam sections along seams. **DO NOT GLUE FOAM TO FLOOR.**
5. Put tarp in place and begin stapling to frame. Start in centers of each side and work your way outward to corners. One person to pull tarp and another to staple will be sufficient. **DO NOT STAND OR KNEEL INBOARD OF FRAME.**
6. Trim any excess vinyl fabric which extends past outside edge of frame.
7. Prior to installing second set of 1" x 4"s, prepare them by routing edges, sanding, staining or painting as desired.
8. Install second set of 1" x 4" boards by screwing them to frame base so as to maintain tension by pinching or sandwiching tarp.

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